

A Simple Low Carb Life

Meal Planning

MODULE 5-Video 2

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Let's talk about some
meal planning ideas.

Breakfast Ideas:

- 2 Scrambled eggs plus link sausage
- Sauteed ground turkey or veggie crumbles plus shredded cheese
- Low carb shake (15 grams protein) plus 2 slices of bacon
- Deli turkey slices plus cheese stick
- 2 fried eggs and 1/2 Haas avocado
- Smoked salmon and cream cheese wrap
- 2 egg omelette with sausage crumbles (1 link) and 1 Tablespoon shredded cheese
- Canadian Bacon (3 pieces) and 1 poached egg with bleu cheese dressing (1 TB)

More breakfast ideas:

- 2 egg omelette with crumbled bacon (2 strips) and 1/2 cup diced zucchini
- Turkey sausage links or patties (2) with 1 deviled egg
- Cottage Cheese 1/2 cup with 2 strips bacon
- Deli ham slices (2) with boiled egg
- Plain, unsweetened yogurt with 1 teaspoon of PB2 peanut butter plus boiled egg
- Protein bar (<5 net carbs) such as Atkins Endulge bars.
- Low carb pancakes x 2 small with Walden Farms zero carb pancake syrup
(www.asimplelowcarblife.com/online-store-.html)
- Dixie Diner low carb biscuit Bakesquick mix
(www.asimplelowcarblife.com/online-store-.html)

Lunch Ideas:

- Roast beef deli slices (x 2), 2 cups lettuce, 1 chopped green onion, approved salad dressing.
- Arugula (2 cups raw) with caesar salad dressing (2 TB), 1/4 cup sliced radishes, 1 ounce shredded cheese, and 1-2 ounces of grilled chicken.
- Can of tuna (in spring water) with 1/2 cup chopped red cabbage (raw) and approved salad dressing.
- 1/2 medium Haas avocado with 1/2 can of salmon on top and 1 TB cream cheese
- Hamburger patty (3 ounces) with 1 slice cheddar cheese plus 2 slices of iceberg or romaine lettuce instead of a bun. Top with aioli or mustard.

More lunch ideas:

- Grilled steak (3 ounces) over 1 cup of sauteed spinach (in olive or avocado oil).
- Grilled sardines or herring with diced tomato (1/2 cup) and 1/2 medium Haas avocado topped with tabasco or other picante sauce.
- Grilled shrimp and sauteed garlic over 1 cup of sauteed kale.
- Deviled eggs with 1 cup veggies of choice. Add 1 ounce of cheese.

Dinner Ideas:

- Baked salmon (3-4 ounces) topped with garlic, 1 cup sauteed spinach, and 1/2 cup cauliflower puree (www.asimplelowcarblife.com/blog/how-to-recipe-cauliflower-and-more.html)
- Grilled pork chop (3 ounces), 1/2 cup steamed broccoli with garlic/olive oil, 1 cup lettuce with bleu cheese salad dressing (1-2 TB).
- Grilled steak (3-4 ounces) with 1 cup sauteed zucchini (in olive or avocado oil), plus 1/2 cup sliced radishes and jicama mixed, dipped in salad dressing of choice.

- Baked cod or halibut with 2 Tablespoons herbed butter, 1/2 cup sauteed Swiss chard, plus 1/2 medium tomato (sliced).
- Grilled chicken (3-4 ounces) with Walden Farms Barbecue sauce (www.asimplelowcarblife.com/online-store-.html), 1/2 cup baked turnip or rutabaga fries, 1 cup lettuce of choice topped with approved salad dressing.
- Lamb kebobs with 1 cup grilled eggplant, 1 diced green onion, and 1 cup mixed green salad with approved salad dressing of choice (1-2 Tablespoons).

- Tri-tip steak 3-4 ounces with arugula salad 2 cups topped with caesar salad dressing, diced tomatoes 1/2 cup, and diced green onion.
- Roasted turkey slices 3 ounces, 1/2 cup roasted cauliflower florets topped with olive oil and garlic, 1 cup sauteed spinach.
- Taco-seasoned ground hamburger, turkey, or Morningstar crumbles (3-4 ounce serving), 1 diced green onion, 1 ounce of shredded cheese, 1/2 cup diced tomato in romaine lettuce “tacos”, plus hot sauce of choice.

- Baked ham 3 ounces with 1 cup of sauteed zucchini, 1/2 cup of jicama slices dipped in bleu cheese dressing (Litehouse).
- Grilled shrimp and 1 cup of garlic and olive oil sauteed fennel, 1 cup of mixed greens topped with approved salad dressing of choice.
- Grilled chicken strips (3 ounces) topped with PB2 peanut sauce over Shirataki noodles, plus 2 cups lettuce with approved salad dressing of choice.

Snack Ideas:

- 1/2 Medium Haas avocado plus 1 mozzarella string cheese
- 1 celery stalk and hard boiled egg
- Deviled egg (one)
- Low-carb Protein bar (be sure to choose very low net carbs)
- Sliced cucumber (1/2 cup) with bleu cheese salad dressing (Litehouse brand)
- Sliced radishes (1/2 cup) dipped in caesar salad dressing
- Deli slice, one (turkey, ham, or roast beef) wrapped around cream cheese, 1 TB

More snack ideas:

- 1-2 ounces of cheese
- 4-5 cherry tomatoes and 1 Tablespoon bleu cheese salad dressing as a dip
- 1 celery stalk (salted) dipped in 1 Tablespoon of reconstituted PB2 peanut butter
- Low-Carb protein shake
- Peanut Butter coconut bark (one piece) - www.asimplelowcarblife.com/recipes/peanut-butter-coconut-bark.html (contains a small amount of peanuts.... limit yourself to one - two pieces or omit peanuts if they are a trigger food for you).

MORE TIPS:

- Don't be afraid to experiment with various flavors, seasoning, and low carb recipe ideas.
- ENJOY YOURSELF!
- There are low-carb substitutions for just about any high-carb foods that you used to enjoy:

(www.asimplelowcarblife.com/blog/low-carb-substitutes-for-high-carb-foods.html)

Where to Find Low Carbohydrate Recipes and Blogs Online:

www.asimplelowcarblife.com/blog/index.html

www.asimplelowcarblife.com/recipes/index.html

www.alldayidreamaboutfood.com

www.authoritynutrition.com

www.atkins.com

[Free Low Carb Facts Report](#)

A Simple Low Carb Life Blog

Welcome to A Simple Low Carb Life blog, for tips on weight loss, weight maintenance, and the "art" of low carb living. We not only live low carb, but love it! Join us to learn about many wonderful [recipes](#) and [products](#) available to support your low carb lifestyle.

[Personalized one-on-one coaching](#) is available to optimize your success, at affordable rates and on YOUR schedule.

[Available anywhere you live.](#) **Se habla español.**

Blog Posts Listed Chronologically:

[Welcome to Low Carb Living](#)

[Protein, carb, and fat ratios](#)

[The Role of Exercise in the Low Carb Lifestyle](#)

[The importance of sleep on weight](#)

[Low carb substitutes for high carb foods](#)

[How to "rice" cauliflower](#)

[How to manage low carb choices dining out](#)

[Making low carb bread](#)

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We hope that you enjoy our recipes for delicious, low carb living. No need to feel sentenced to a life of boring food while living low carb. Learn to easily make low carb recipes yourself.

Check back often as the list of savory and sweet low carb recipes is constantly growing. All of our recipes are low carb and will have nutritional information provided for your convenience. Be sure to keep a tally of your daily carbs for optimal success at weight loss and maintenance.

Still thinking that low carb = boring, bland food?

Think again!

[Click here for a typical day of low carb living.](#)

Savory Recipes

[Mini Ham and Cheese Quiches](#)

[Flaxseed Hot Cereal](#)

[Spicy Hash Brown Breakfast Casserole](#)

[Spicy Flaxseed Crackers](#)

[Low Carb Nutty Bread](#)

[Sesame Bread \(low carb\)](#)

[Cauliflower Au Gratin](#)

[Spicy Chicken Sausage Enchilada- Low Carb](#)

[Cheese and Jalapeño Chicken Bake](#)

[Coconut "Rice" with Cauliflower](#)

[Low Carb Potato Salad \(with Rutabaga\)](#)

[Thai Stir Fry Shirataki Noodles](#)

[Salchipapas \(Spicy Sausage and Rutabaga-LC\)](#)


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Netrition.com

A Typical Low Carb Day

Breakfast:

- 2 eggs cooked in [coconut oil](#), butter, or [avocado oil](#)
- 2 sausage links or 2 pieces of bacon
- Slice of low carb bread with butter or coconut manna spread
- Coffee with half and half (or unsweetened coconut/hemp/almond milk) and sweetened with [stevia](#), [Truvia](#), [erythritol](#) or [xylitol](#)

Mid-Morning Snack Ideas (one of the following):

- Cucumber slices or celery sticks dipped in natural peanut butter, blue cheese dip, or cream cheese (Laughing cow has many flavors).
- Salame slices and cheese stick
- [Jay Robb whey or egg white protein shake](#) (chocolate, vanilla, orange dreamsicle, or pina colada) or similar low carb protein drink

Lunch:

- Andouille sausage link
- Arugula salad with cucumbers, cherry tomatoes, and caesar salad dressing (or bleu cheese)
- Water containing a wedge of lemon or lime

Mid-afternoon Snack Ideas (one of the following):

- 1/4 cup [dry roasted edamame](#) (salted or wasabi flavored)
- 2 squares [Keto Peanut Butter Fudge](#)

Dinner:

- Tacos (romaine or butter lettuce taco shell) topped with ground beef, chicken, or turkey, sour cream or unsweetened, plain greek yogurt, shredded cheese, low sugar salsa, and diced tomatoes
- Shredded cabbage slaw tossed with bleu cheese or caesar salad dressing.
- 1/2-1 cup pork rinds (seasoned or plain)
- Flavored water (Propel, Cascade Ice, lemon or lime wedge in filtered water)

Before bed snack if desired (choose one):


- Cup of heated unsweetened coconut/hemp/almond milk with 1 teaspoon [unsweetened cocoa](#), 1 teaspoon/packet of Stevia/Truvia topped with dollop of whipped cream.
- 1 square of [chocolate peanut coconut bark](#)
- 2 square of [Lily s Dark Chocolate bar](#) sweetened with stevia

[No bland, tasteless food required to live low carb!](#)

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Eat Low Carb? What is the big deal?

1. Low carb diets reduce abdominal fat.
2. A low carb diet dramatically reduces appetite. (Great perk!)
3. People eating low carb, lose more weight than those on other types of diets.
4. Blood sugar levels are more stable, resulting in lower insulin levels. Low insulin levels = Fat burning.
5. Triglycerides will go down.
6. Good cholesterol (HDL) will go up.
7. The size of the bad cholesterol particles (LDL) will increase. People with LARGE LDL particles have LOW risk for heart disease. People with SMALL LDL particles have HIGH risk for heart disease!

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MODULE 5-Video 2

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